

Zazen Meeting for Pregnant Ladies  
The 17th Maternity Zazen will be held.

The Obstetrics Staff of Shonan Kamakura General Hospital have been striving to bring out the maximum power of women and babies through their support. Recently we have been focusing our attention on Zazen that prepares the heart through slow breathing to be conscious of one's inner being. Won't you be interested to sit together to experience a time to quietly face yourself in Kamakura a place with rich deep history. During this 17<sup>th</sup> meeting, we plan to enjoy a moment with matcha and cookies of KENCHOJI Temple.

Date: December 8 2023 (Friday) 13:00 – 16:00

We plan to have Zazen session, sermon time, walk in the temple property etc.

Venue: KENCHOJI Temple of KITAKAMAKURA

In front of the main gate 15 minutes before 13:00.  
We shall enter through the gate together.

For Whom: Pregnant women in good condition.

Fee: 2,500yen. Your family may join as well.

Reservation: Please book through the website or via the QR code.

If you wish to participate please call the operator to get in touch with us at Obstetrics Outpatient/Birth Center.

Please come in casual and comfortable attire.

It is a 20 minutes walk from KITAKAMAKURA station to KENCHOJI temple.

Please make use of public transportation.



SHONAN KAMAKURA GENERAL HOSPITAL 6 F  
BIRTH CENTER